

# Celebrate Chicken Month *and* Rice Month!



## Chicken with Rice

*Serves:* 4 | *Serving Size:* 1 and 1/2 cups

### *Ingredients:*

1 cup brown rice, dry  
2 cups water  
3/4 cup cooked skinless chicken breast, cubed  
1/2 cup green peas  
1/4 cup diced bell pepper  
1/4 cup chopped green onion  
1 teaspoon ground cumin  
1 teaspoon coriander  
1 teaspoon granulated garlic  
1/4 teaspoon paprika

### *Directions:*

Put all ingredients in a large wide pan and bring them to a boil.

Lower heat to a simmer, then cover the pan and let everything cook until the water is absorbed, about 30 minutes.

Fluff with a fork and serve hot.

### **Nutrition Information:**

Serves 4. Each serving contains 237 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 20 mg cholesterol, 25 mg sodium, 41 g carbohydrate, 3 g dietary fiber, 2 g sugar, and 12 g protein.

Each serving also has 9% DV vitamin A, 18% DV vitamin C, 3% DV calcium, and 11% DV iron.

### **Chef's Tips:**

This one-pot meal requires a fair bit of chopping, but cleanup is quick and easy.

Add spinach or other greens for more color and nutrients. In the picture above, I've added sautéed bok choy, broccoli, and carrots.

This dish is also called arroz con pollo.

You can make this in a rice cooker too! Simply place all the ingredients into a rice cooker and cook until done, about 30 minutes.

September is both Rice Month and Chicken Month.

**BROUGHT TO YOU BY:**